

HVRHS WellSAT 2025 Assessment Summary

District: REGIONAL 01

Section 1: Strong Policies & Aligned Practices

Your district demonstrates excellent alignment between policy and practice in several key areas, particularly in **federal compliance requirements**:

Federal Requirements Excellence:

- Complete compliance with USDA nutrition standards for school meals (FR2)
- Strong privacy protection for free/reduced meal students (FR3)
- Free drinking water availability during meals (FR4)
- Full compliance with Smart Snacks standards across all venues - a la carte, vending, school stores (FR6-FR9)
- Excellent food service staff training meeting USDA Professional Standards (FR5)
- Strong fundraising regulations and marketing restrictions (FR10, FR12)
- Robust triennial assessment process and public availability requirements (FR15, FR16)

Nutrition Environment Strengths:

- Universal breakfast program implementation (NES1)
- Strong knowledge and application of Smart Snacks standards (NES8, NES9)
- Appropriate caffeine policies for high school (NES10)
- Excellent after-school nutrition standards for sold items (NES12)

Physical Education & Physical Activity Highlights:

- Comprehensive written PE curriculum aligned with standards (PEPA1, PEPA2)
- Strong promotion of physically active lifestyle (PEPA3)
- Robust before and after school physical activity opportunities (PEPA12)
- Excellent Safe Routes to School policies and implementation (PEPA16)

Section 2: Create Practice Implementation Plan

These areas have solid policies but need strengthened implementation:

Federal Requirements Needing Implementation Support:

- **Wellness committee participation (FR13):** Policy allows for participation (score 1) but implementation is absent (score 0). Create action plan to engage all relevant stakeholder groups.
- **Building-level compliance officials (FR14):** Strong policy (score 2) but limited implementation (score 1). Ensure each building has designated responsible officials.
- **Policy revision based on assessment (FR18):** Strong policy framework (score 2) but no implementation (score 0). Develop systematic process for policy updates.

Physical Education Implementation Gaps:

- **Physical activity breaks (PEPA14):** Weak policy (score 1) with no implementation (score 0). Develop teacher guidelines and training.
- **PE time requirements for high school (PEPA6):** Strong policy (score 2) but limited implementation (score 1). Review scheduling and requirements.
- **Safe Routes implementation (PEPA16):** Despite strong policy (score 2), no students currently walk/bike (score 0). Assess barriers and develop promotion strategies.

Nutrition Education Implementation:

- **School nutrition staff collaboration (NE6):** Weak policy (score 1) with no implementation (score 0). Create structured collaboration protocols.

Section 3: Update Policies

These areas show strong implementation that needs policy language strengthened:

Federal Requirements Policy Updates:

- **Public assessment reporting details (FR17):** Both policy and practice are weak (score 1). Strengthen policy language for comprehensive public reporting.

Nutrition Environment Policy Strengthening:

- **Food rewards prohibition (NES13):** No policy (score 0) but strong practice (score 2). Add explicit policy language prohibiting food as rewards.
- **Free drinking water access (NES14):** No policy (score 0) but excellent practice (score 2). Add comprehensive water access policy language.
- **After-school served foods (NES11):** Strong policy (score 2) but limited implementation (score 1). Strengthen oversight and compliance.

Physical Education Policy Updates:

- **PE teacher qualifications (PEPA7):** No policy (score 0) but strong practice (score 2). Add teacher certification requirements.

- **PE teacher training (PEPA8):** No policy (score 0) but strong practice (score 2). Include professional development requirements.
- **PE exemptions and substitutions (PEPA9, PEPA10):** Weak/no policy (scores 1, 0) but strong practice (score 2). Strengthen policy frameworks.
- **Physical activity policies (PEPA17, PEPA18, PEPA19):** No policies (score 0) but excellent practices (score 2). Add comprehensive physical activity use guidelines.
- **Family/community engagement (PEPA11):** No policy (score 0) but strong practice (score 2). Formalize community engagement policies.
- **Joint-use agreements (PEPA15):** No policy (score 0) but strong practice (score 2). Document facility sharing policies.

Employee Wellness Policy Development:

- **Employee wellness strategies (EW1):** No policy (score 0) but strong practice (score 2). Develop comprehensive employee wellness policy.

Nutrition Education Policy Strengthening:

- **Skills-based nutrition education (NE1):** Weak policy (score 1) but strong practice (score 2). Strengthen policy language for interactive methods.
- **Cross-curricular integration (NE5):** Weak policy (score 1) but strong practice (score 2). Expand policy for comprehensive integration.
- **Agriculture/food system education (NE7):** Weak policy (score 1) but strong practice (score 2). Strengthen policy framework for comprehensive coverage.

Section 4: Opportunities for Growth

These areas need both policy development and practice implementation:

Integration and Coordination:

- **District-level wellness committee (IC1):** Weak policy (score 1) with no active committee (score 0). Establish active district committee with clear mandate and regular meetings.
- **Employee wellness modeling (EW2):** No policy (score 0) with limited practice (score 1). Develop policies and programs encouraging staff modeling of healthy behaviors.

Overall Assessment Summary

Total Scores:

- **Policy Comprehensiveness:** 73 points
- **Policy Strength:** 29 points
- **Strong Federal Compliance:** Excellent compliance with most federal requirements

- **Implementation Gap:** Several areas where strong policies need better implementation
- **Policy Gaps:** Multiple areas where strong practices exist without supporting policy language

Priority Recommendations:

1. **Immediate:** Establish active district wellness committee and improve building-level compliance oversight
2. **Short-term:** Develop comprehensive employee wellness policies and strengthen physical activity policies
3. **Medium-term:** Create systematic policy revision process and improve nutrition education policy frameworks
4. **Ongoing:** Regular assessment of policy-practice alignment and stakeholder engagement

Your district shows particular strength in nutrition standards compliance and has excellent practices in many areas that simply need policy codification to ensure sustainability and compliance.